

Asian Peanut Butter Dip with Celery

Makes: 5 servings

Ingredients

3 tablespoons peanut butter (creamy)
2 tablespoons apple butter
2 tablespoons milk (skim)
1 tablespoon soy sauce (reduced sodium)
1 1/2 teaspoons lime juice
10 celery stalk (cut into fourths)

Directions

1. Combine peanut butter, apple butter, milk and soy sauce in a small bowl.
2. Wisk together until very smooth.
3. Store tightly, sealed in refrigerator.
4. Serve with celery or other crunchy fruits and vegetables.

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 90 | |
| Total Fat | 5 g | 8% |
| Protein | 3 g | |
| Carbohydrates | 8 g | 3% |
| Dietary Fiber | 2 g | 8% |
| Saturated Fat | 1 g | 5% |
| Sodium | 220 mg | 9% |